COSMOPOLITAN

DECEMBER 2013

Take one man...

7 WAYS TO BLOW HIS MIND IN BED

EXCLUSIVE

Miley

The interview that will change your mind!

Till death us do part

Newly-wed husbands who kill their wives

PERFECT PARTY FASHION

The hottest heels, dresses and jewels

Sexy hair

Up-dos, down-dos, long or short. *You choose*

SECRET OF BEING HAPPY

(...it's not a six-figure salary. Phew!)

EXCLUSIVE EXTRA PAGES! Sexy erotic fiction

HEARST magazines | UK
National Magazine Company

2013 December

64 Miley uncovered

81 We'll have one of these please, Santa

168 Party pieces

115 Calling all single belles

ALL YOU NEED IS COSMO!

On the cover

64 Miley Hannah who? Ms Cyrus tells us how she set tongues wagging

74 Till Death Us Do Part Honeymoons that ended in horror

81 Take One Man… And knock his jocks off with these ultra-sexy moves

96 Secret Of Being Happy Measure your worth in wages, Facebook friends or tally of lovers? Here's why you shouldn't

168 Perfect Party Fashion Spangly bags, killer heels and LBDs with a twist – now, where's that dance floor? ✔

198 Sexy Hair Power plait, bombshell waves or fierce faux-hawk? The hottest new-season dos have landed

LIVE BIG & GO FOR IT

31 If You Only Desire One Thing This Month… Make it the perfect LBD

33 Catwalk To *Cosmo* Christmas means one thing: it's sparkle time! ✔

37 Men Vs Fashion The boys cast their verdicts on celeb outfits

39 Fashion Forever Or Fashion Fling? The choice is yours ✔

43 Lust Haves Festive fancies

46 Is This The New Lena Dunham? Meet *Drifters*' Jessica Knappett. Plus: why you need to know about the Beat poets

48 'We HAVE To Meet Up Before Christmas!' Don't let drink-ups drag you down. And get it on like a geek!

51 One Year On From The Crime That Shocked The World After the brutal gang rape of a young Indian woman, is the country now changing?

54 The Sex Science Of Supermen Oh, those tights…

57 How To Write A Red-Hot Read Best-selling author Sylvia Day shares her secrets on raunchy writing. Plus: decode his facial hair

61 Confessions Snapchat? Sexting? Some things are better left unsaid

LOVE, SEX & SUCCESS

102 Celebrity Christmases Unwrapped Stars share their childhood Christmas snaps. Naff jumpers included

106 Behind The Veil Writer Rosie Kinchen wears a niqab for two days

111 Do You Have Popcorn Brain? Mind overloaded? You're not alone

115 You're Single. It's Christmas. Now What? The pressure to have a good time is officially ON

119 Generation Overshare Taking TMI to a whole new level

121 So You Think You Want My Job? *Cosmo*'s Ultimate Women celeb booker

123 6 Body-Language Tricks To Be A Winner At Work Take a stance

126 The Smart Girl's Money Guide *Cosmo* gets to grips with coupons

129 He Says She Says A *Don't Tell The Bride* couple tell *Cosmo* everything

134 Taking Over The *Cosmo* Cover We reveal our creative cover finalists ›

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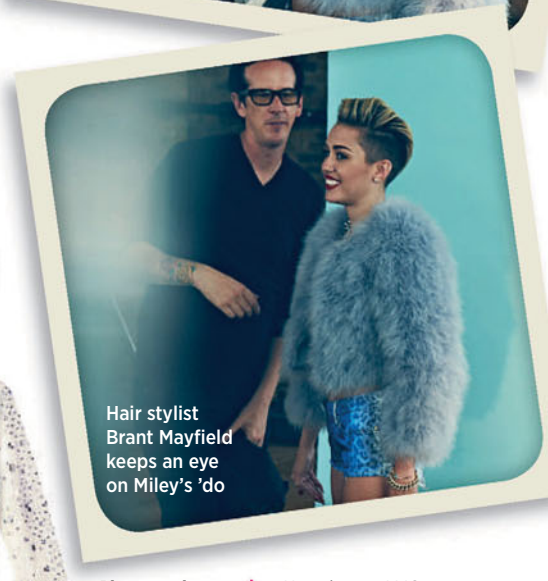
On the cover

Get all the behind-the-scenes goss from our cover shoot with Miley – and see a different side to one of the world's biggest pop stars

TALENT
MILEY CYRUS

DATE 10 September 2013
PLACE Spring Studios, 10 Spring Place, London NW5
TIME 9.30am. Miley arrived fresh off a 5.30am flight on a private jet from Paris. Bright-eyed and bushy-tailed, she sat down with her hair and makeup team to be buffed and preened.

Miley's style team gets to work



Hair stylist Brant Mayfield keeps an eye on Miley's 'do

WIN MILEY'S DRESS!

Fancy winning this sparkling Forever Unique dress, worth £700? To enter, visit **Cosmopolitan.co.uk/mileycomp.**

Necklace, £12.50, Freedom at Topshop

Ear cuff, £4, Accessorize

Wild Shadow Pot in Auburn Envy, £4.99

COPY HER MAKEUP
Courtesy of Max Factor

Glossfinity Nail Polish in Red Passion, £5.99

Clump Defy Mascara £10.99

Liquid Effect Eye Pencil in Black Fire, £6.99

GET HER STYLE

Dress, £20, River Island

Colour Elixir Giant Pen Stick in Designer Blossom, £6.99

Photographer Peter Pedonomou
Fashion editor Sairey Stemp
Fashion assistant Katie Saxon
Hair Brant Mayfield
Makeup Denika Bedrossian at Crosby Carter Management
Manicure Michelle Humphrey at LMC Worldwide
Dress Forever Unique
Gold-charm necklace Jennifer Fisher
Chunky rings Maria Nilsdotter
Full-finger ring Vivienne Westwood
All other jewellery Miley's own

BEHIND THE SCENES

OUTFITS
After a quick run-through, we selected five knockout outfits for the day. Miley adored the pillar-box-red latex William Wilde dress.

JEWELS
We'd sourced some cool jewellery for Miley but she was already bedecked in her own amazing signature necklaces and earrings, so we only added a few choice items to the look.

SHOE LOVE
Miley loved the studded Dr Martens – direct from Carnaby Street – so much, she asked how she could get a pair to take back to LA with her.

STAR SNACKS
The snack table was decked out with platters of fresh fruit, Miley's favourite spearmint chewing gum and herbal tea.

LUNCH
Miley eschewed our healthy lunch option in favour of good old fish and chips from the local chippy on Kentish Town Road – what a girl!

BY SAIREY STEMP AND LUCY PARTINGTON. STILL LIFES STUDIO 33

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From the Editor

I really wasn't sure what I'd make of Miley Cyrus when I met her in the flesh. My worst fears as we waited for her to arrive at our photo shoot were that she'd be a tongue-flashing, twerking try-hard, pain-in-the-butt diva with a sullen and difficult entourage.

Instead, the girl who rolled through the studio door after getting a crack-of-dawn flight to make the cover shoot on time was smart, funny, uber-professional and, considering the life she's led as 'America's Disney darling turned outrageous international media sensation'... pretty damn normal.

She walked into the studio and got straight down to work: hair and makeup done, and then out in front of the camera. She shared jokes and smiles with the crew, and plates of fish and chips. Once we had the interview and the shots, she was gone – whisked away on a tight promotional schedule that would have made lesser women faint – before flying back to the US. Since then, she hasn't been out of the news, and her critics haven't been able to stop her clocking up a No. 1 album and massive single sales worldwide.

Judging her based on the window of just a few hours' acquaintance, I wish her well.

Louise

Louise Court

Follow Louise on Twitter @LouiseCosmoEd

FIVE THINGS I DIDN'T KNOW UNTIL THIS ISSUE

★We check our phones every six-and-a-half minutes. Learn how to quit it and de-stress with a techno time out on p111.

★Initially, cornflakes were developed to help cut people's sex drive! Discover how on p225.

★ Christmas pudding is actually better for you than most desserts. Oh, go on then, I *will* have another portion... (p244).

★ Men who grow handlebar moustaches are less likely to pay you attention on a date. Read p57 to see what his November 'tache really means.

★ Want to outsmart a competitive colleague? Lay your arm across their desk. Learn why on p123.

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For the ultimate in purse-friendly fashion and beauty – from self-tan to cool trainers – *Cosmopolitan* Boutique is your one-stop shop, with more than 5,000 goodies to choose from. This month we've got fab offers and free-with-purchase gifts for you. Go to **Cosmopolitan boutique.co.uk**.

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Interview Lizzi Hosking *Photographs* Peter Pedonomou

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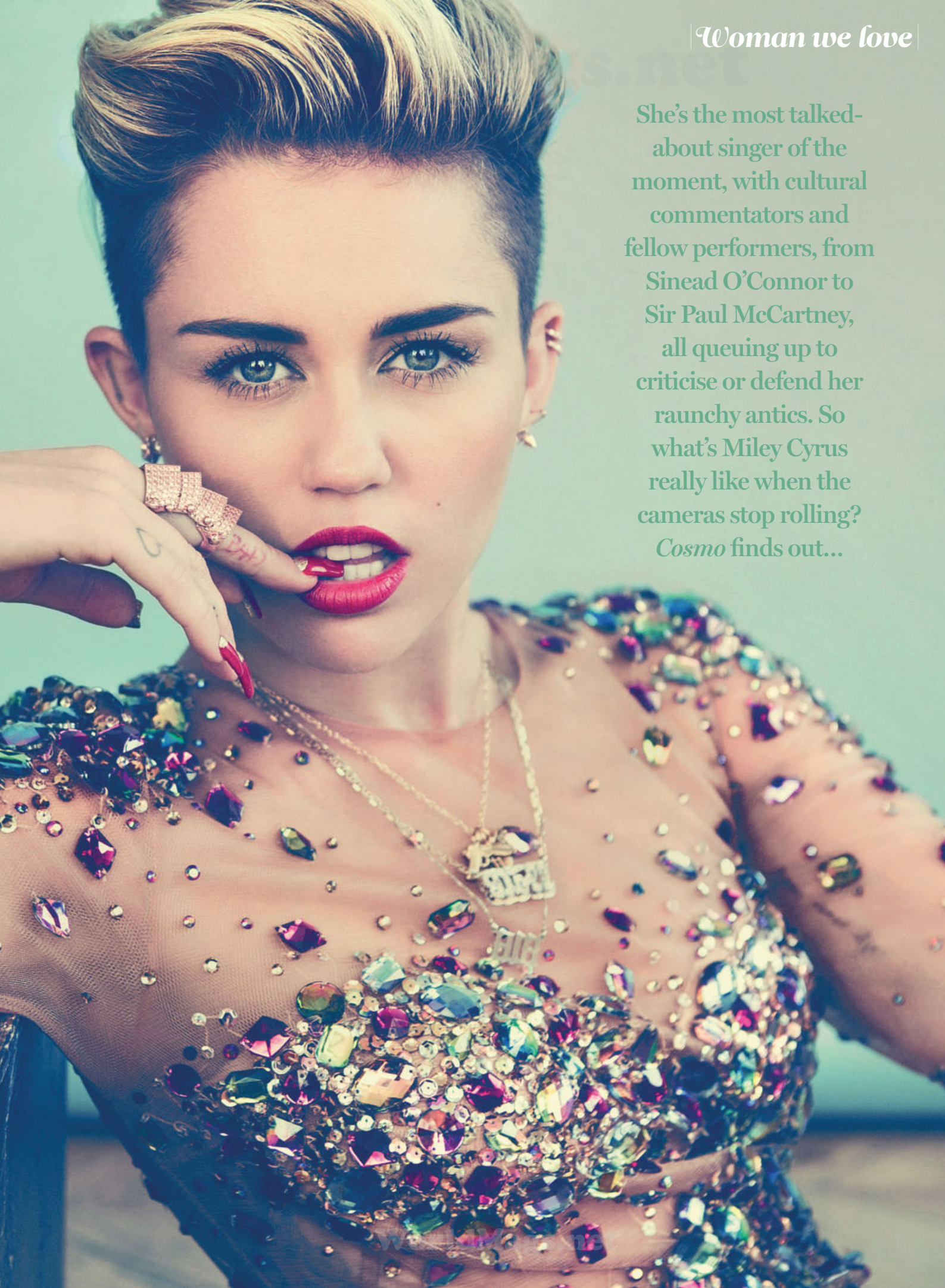

She's the most talked-about singer of the moment, with cultural commentators and fellow performers, from Sinead O'Connor to Sir Paul McCartney, all queuing up to criticise or defend her raunchy antics. So what's Miley Cyrus really like when the cameras stop rolling? *Cosmo* finds out...

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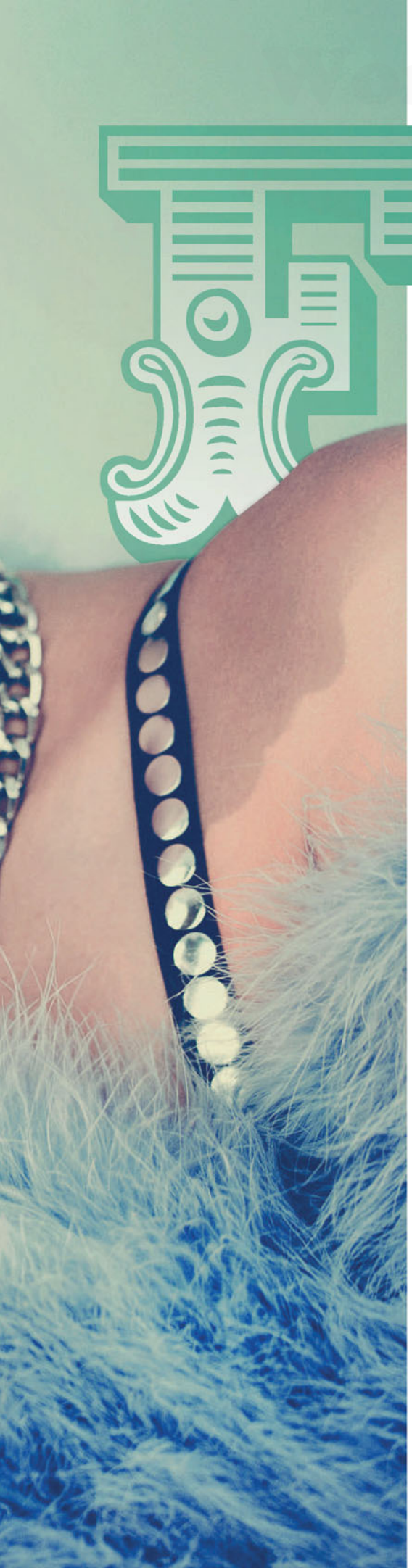

For someone who flew in from Paris this morning following a whistle-stop tour of Germany and a stopover in Amsterdam, Miley Cyrus is surprisingly sprightly. "This morning was hard," she admits when we sit down to chat. "I was tired. But you have to put on a smile on and go."

It's this work ethic that has ensured Miley's stratospheric success this year. Not content with a No.1 first single from her new album *Bangerz*, a smash-hit second single (the video for *Wrecking Ball* broke the record for the most views in 24 hours) and more Facebook followers than the populations of London, New York and Tokyo combined, Miley is on a mission to do more, more, more.

"It doesn't stop if the album goes to No.1," says the 20-year-old. "I'm thinking about touring, artists I want to work with, cool videos I want to make. It's so much like, grab the moment."

Still, there's grabbing the moment and there's *grabbing the moment* – and Miley's performance of *Blurred Lines* with Robin Thicke at the MTV VMAs in August whipped the world into a foam-fingered meltdown, with everyone from Pink to Brooke Shields (who played Miley's mum in *Hannah Montana*) wading in. "Yeah, that was kind of bittersweet," says Miley. "It wasn't supposed to overshadow everyone else; it was meant to be fun. But hey, it got the most tweets in history…"

Despite her crammed schedule and the controversy that constantly follows her, Miley still found time during a 24-hour stopover in London to meet 10-year-old paraplegic Annabelle – whose greatest wish was to meet the superstar – through the charity Rays of Sunshine.

Then there's her ex-fiancé, *Hunger Games*' Liam Hemsworth. On the day of our shoot they were on (but the topic was banned); a week later they were off. Now they both seem to be moving on.

So who is the girl behind the headlines? She tells *Cosmo* the life lessons that have got her through…

Be true to yourself

"I grew up in Nashville on a 500-acre farm. We didn't have many neighbours and we had to drive a long way to get to school, so I didn't have many friends. I get on with my brothers and sisters because there was no one else around!

"We used to do the craziest things on the farm – you're in the middle of nowhere so who's going to get you in trouble? My parents have always been laid-back. They'd prefer us to be good people, to have good hearts and be honest with them, than pretend to be someone we're not. I've never had to hide myself. There are so many gay kids who have to hide [their sexuality], and I know that if any of my five brothers or sisters decided to go either which way, my parents wouldn't care – and that's crazy for a family from Nashville!"

Don't get dragged down by money

"I've always been around fame [Miley's dad is singer Billy Ray Cyrus, best known for his song *Achy Breaky Heart* in 1992]. I think that's what's kept me grounded. I was a kid when I started – I turned 13 on the *Hannah Montana* set – and maybe that's affected my attitude; if it happened now, you'd overthink it.

"A lot of [famous] people get what I call 'new money syndrome' – where they didn't grow up with money, and they're so scared of losing it that they become obsessed. It's like an addiction – and once you get a taste for it… But that's never happened for me. We were never spoilt but Dad had money. I've always been around this lifestyle. Dolly Parton's my godmother. She's taught me a lot about how you treat people. She always says hi to the person on the bottom of the call sheet. I love that.

"The best advice I've been given was from Cyndi Lauper – she told me to go and lasso the moon, meaning don't be afraid of anything. Just go and do anything you want to. I thought that was pretty cool and poetic."

Live without regrets

"I live without any regrets – you can't change anything, so I don't think about it. But would I ever want a 'normal' life? Yeah, there are definitely times when I wake up and wish I could go out without being photographed. I don't care if people recognise me and say 'hey,' but I don't want to be stopped. I want to just walk around and see new cities. Although I don't complain because most of my travelling is for work, so ›

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it's a double-edged sword. The biggest misconception about me is that I like the media attention. I wish I could be who I am without the fame. If everyone would still buy my records and if everything would go to No.1 in 30 seconds or whatever… that'd be great.

"I don't put pressure on myself to be a role model, other than hopefully inspiring people to be good and to treat people well. I'm going to be what I want, and I'm going to do what I want. When people are suffocated, that's when they end up falling off."

Have fun

"I'm a homebody and actually not as hyper or as sociable as I seem. I have a small group of five close friends who all pretty much work for me; everyone else is just an acquaintance. I have people around me I can relate to; people who get it and see what I'm doing.

"I like as little drama as possible in friendships. I'm so stressed that the last thing I need is someone stressing me out. I like people who are chilled and are good travel companions, because it's lonely when you [tour] and don't know anyone. I have people around me who work hard and play hard. We're never serious. Other people probably think we're f**king insane.

"I'm the joker of the group, and my inability to be serious is probably one of my downsides – that and the fact that sometimes I can be *too* honest. Because I don't get upset by much, I don't always take it seriously when someone else is upset. I'm not insensitive; I just don't realise how much others are affected by something that wouldn't affect me."

Trust your mum

"Mum and I have a great relationship. I'm so busy that I don't always have time to think about the little things, but she's always on it. She's got the most important outlook of anyone. She doesn't want to see me fail or be disappointed. When I got the *Hannah Montana* role, she screamed and jumped up and down. I didn't have mentors ›

With (from left) sister Noah, dad Billy Ray, mum Tish and half-sister Brandi

With ex Liam

Going red-carpet glam

Twerks of fame: at the VMAs

Not sure we'd wear this down the local

The trademark tongue flick

Hanging with Cyndi Lauper

FIRST PAGE: DRESS, FOREVER UNIQUE. NECKLACE (GOLD CHARM), JENNIFER FISHER. RING (CHUNKY), MARIA NILSDOTTER. ALL OTHER JEWELLERY, MILEY'S OWN. PREVIOUS PAGE: JACKET, MISS SELFRIDGE. BRA (JUST SEEN), ID SARRIERI. NECKLACE (GOLD CHARM); RING, AS BEFORE. OTHER JEWELLERY, MILEY'S OWN. THIS PAGE: SHORTS, JUST CAVALLI. SHOES, UNDERGROUND. JACKET, BRA, JEWELLERY, ALL AS BEFORE. FASHION SAIREY STEMP. HAIR BRANT MAYFIELD FOR L'ORÉAL. MAKEUP DENIKA BEDROSSIAN, USING CHANEL AT CROSBY CARTER MANAGEMENT. MANICURIST MICHELLE HUMPHREY AT LMC WORLDWIDE, USING MAYBELLINE NEW YORK. FASHION ASSISTANT KATIE SAXON

growing up, but I was with Mum the whole time. She was supposed to be here now but my best friend and assistant, who's on tour with me, got pushed down the stairs by one of my fans in Germany and broke his foot, so she's at the hospital with him."

Be loyal

"I'm good to work with. I'm proud of that; I have a good reputation. I have the same team around me and I'm close to them all. I don't have a lot of new people in my life. I think that says something about a person.

"I'm a really loyal person and if I dig you, I'm all the way down. But if you f**k me over, I'm all the way up. It's like, once shame on you, twice shame on me. You're the dumb one if you let someone back into your life and they shit on you again."

People will always talk

"What do I look for in a guy? People that are funny. I'm not good at being serious or communicating – I don't like that shit. It's always been easy for me because guys don't want to talk about [heavy stuff]. I don't have to have this confrontation or talk about all their problems… I like guys that are fun.

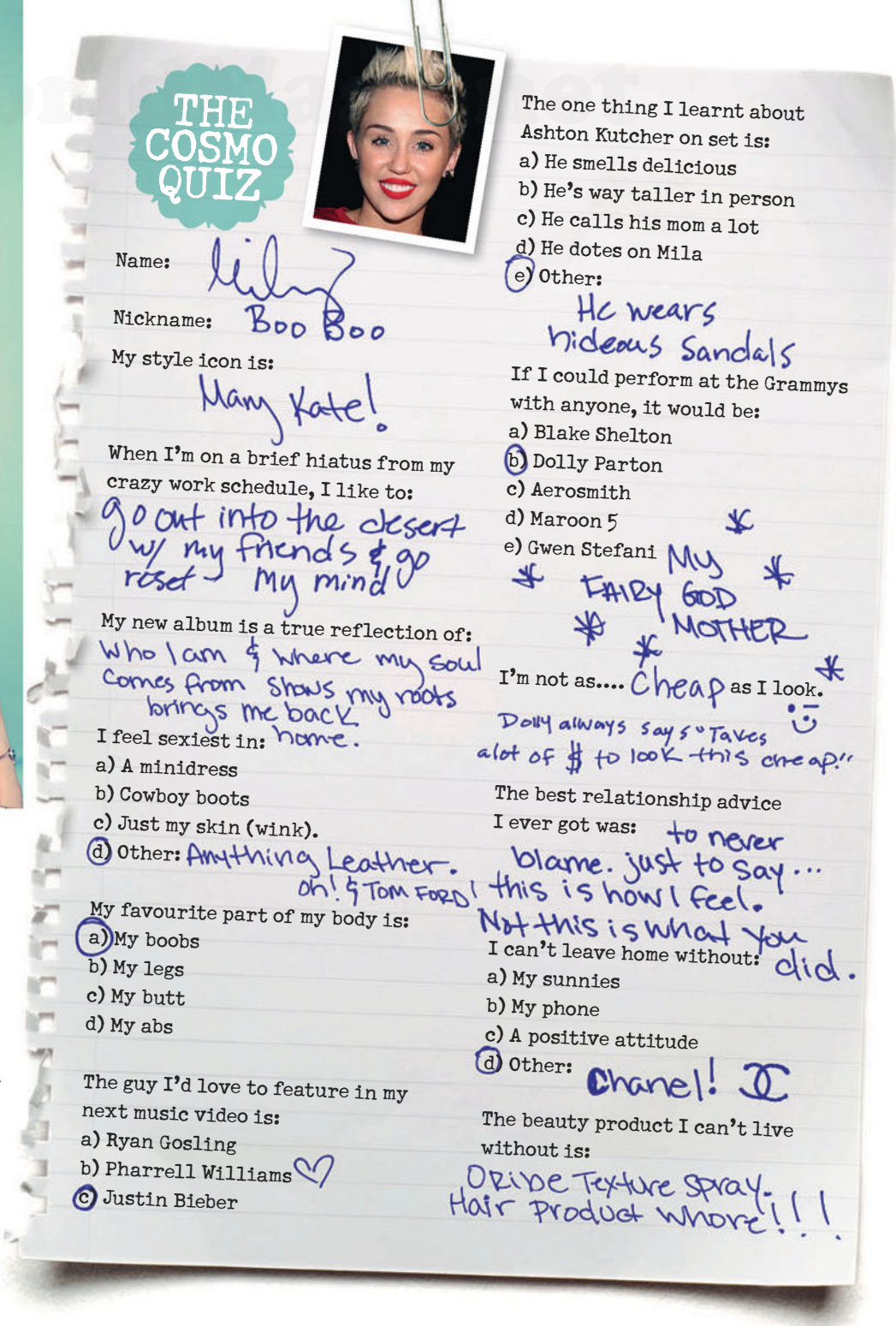
"I was never too outspoken about my private life. I don't regret oversharing in the past. People are always going to talk. You've got to think before you tweet, though. I have a love/hate relationship with Twitter – I get why people use it to talk to friends, but I use it for work so I can talk about my music and 10 million people see it. I don't use it when I'm taking time off."

Sexiness is about how you feel

"I'm a feminist in the way that I'm really empowering to women; earlier this year I did the *Maxim* Hot 100 and it was the first time that they'd had someone with short hair at No.1. I think that stands for something. It says that not every girl is the same. I'm loud and funny and not typically beautiful.

"Sexiness is about how you feel and act. I do believe there is such a thing as star power, like a charisma and an energy that comes from someone that you don't even find physically attractive, and that can have a sexiness. When do I feel at my sexiest? After I've eaten something really healthy and done Pilates, and I'm wearing tight leggings. When I'm in gym clothes I actually feel sexy and healthy, so sometimes I'll stay in them all day!"

✦ **Miley's album *Bangerz* is out now** ◆


THE COSMO QUIZ
Name: Miley
Nickname: Boo Boo
My style icon is: Mary Kate!
When I'm on a brief hiatus from my crazy work schedule, I like to: go out into the desert w/ my friends & go reset My mind
My new album is a true reflection of: Who I am & where my soul comes from shows my roots brings me back home.
I feel sexiest in:
a) A minidress
b) Cowboy boots
c) Just my skin (wink).
d) Other: Anything Leather. oh! & Tom Ford!
My favourite part of my body is:
a) My boobs
b) My legs
c) My butt
d) My abs
The guy I'd love to feature in my next music video is:
a) Ryan Gosling
b) Pharrell Williams
c) Justin Bieber
The one thing I learnt about Ashton Kutcher on set is:
a) He smells delicious
b) He's way taller in person
c) He calls his mom a lot
d) He dotes on Mila
e) Other: He wears hideous Sandals
If I could perform at the Grammys with anyone, it would be:
a) Blake Shelton
b) Dolly Parton
c) Aerosmith
d) Maroon 5
e) Gwen Stefani My FAIRY GOD MOTHER
I'm not as.... Cheap as I look.
Dolly always says "Takes alot of $ to look this cheap!"
The best relationship advice I ever got was: to never blame. just to say... this is how I feel. Not this is what you did.
I can't leave home without:
a) My sunnies
b) My phone
c) A positive attitude
d) Other: Chanel!
The beauty product I can't live without is: ORibe Texture Spray. Hair Product Whore!!!

OTHER PHOTOGRAPHS GETTY. DRESS, WILLIAM WILDE. NECKLACES, AS BEFORE. BRACELET, LORRAINE SCHWARTZ

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Celebrity Christmases UNWRAPPED

Turns out, when it comes to Christmas, you're never too famous for offensive jumpers, tinsel in your hair and *those* Kellogg's bike-wheel reflectors

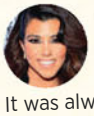
Kourtney, Khloé and Kim Kardashian, aged six, 18 months and five

From left: Kourtney, Khloé and Kim

TWITTER/@KIMKARDASHIAN

Khloé "My mum would treat us like triplets by dressing us the same; sometimes she'd even match her outfit too. Now we end up coordinating our outfits without realising. We went to a party recently in Vegas and ended up all wearing black leather – we looked like a pop group!"

Kim "I think it's so cute how Mum dressed us the same, especially now *I'm* a mum. She says her proudest moment was when she'd get all her girls ready. She'd start with Kourtney, then me, then Khloé because the youngest always messes up their hair and outfit first."



Kourtney "We used to wake up really early to start our Christmas – we were obsessed! It was always so magical. We would get flashlights and peep over the balcony in the middle of the night to see if we could see Santa."

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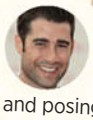
Celeb photo albums

This Morning co-presenter, Matt Johnson, aged seven

Singer Katie Melua, aged five

Strictly professional dancer Kristina Rihanoff, aged seven

Singer Conor Maynard, aged seven



Matt Johnson "I'm wearing my favourite Miami Dolphins jumper and posing on my new yellow scooter. As a kid I'd always say, 'He's been!' when I saw all the presents – between you and me, I still do! The Christmas spirit is definitely strong in me, so I get 100% involved as early as possible. I'll hopefully be back in Wales for Christmas this year, and I've got my eye on someone wonderful to kiss under the mistletoe too..."

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Katie Melua "I grew up in [former Soviet republic] Georgia and Christmas is a *very* religious holiday there. Father Christmas came in the form of 'Snow Grandad', who brought joy and sweets instead of toys. I moved to the UK aged eight and for my first Western Christmas I got Barbie's hairdressing salon, so naturally I preferred Santa!"

Kristina Rihanoff "The little tree I'm holding was a gift from my grandmother. I grew up in Russia but it was still the Soviet Union then and there wasn't much variety of gifts for children. Christmas Day was a hard-earned day off – we wouldn't even celebrate birthdays. My dad would play guitar while I danced around. I didn't have much coordination when I was little, but in my head I was amazing!"

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Conor Maynard "I'd been given a magic kit that Christmas. I'm really close to my family – I'm the eldest of three kids. My brother and sister believed in Father Christmas much longer than I did, so I had the burden of this huge secret. I'm hoping I'll get some time off this year to get back to my parents' house for one of Mum's Christmas dinners." ◆

Instacringe

Some celebs are never too old for a dodgy Xmas pic...

COSMO ONLINE

Read the Kardashians' Christmas fashion rules at Cosmopolitan.co.uk/kristmas

BY RACHEL CORCORAN. PHOTOGRAPHS GETTY, PLANET PHOTOS, ISTOCKPHOTO.COM. THE KARDASHIAN KOLLECTION FOR LIPSY IS AVAILABLE AT LIPSY.CO.UK

what I was doing. So I closed my eyes and tried to pretend I was very relaxed about the whole business.

As it turned out, the cut was lovely. But I wasn't prepared for the impact it would have on me. I felt like I was looking at a stranger in the mirror. It was as if the cut had entirely altered who I was.

I even felt odd in my own clothes. My favourite leather jacket, in which I'd hoped to look as softly feminine as Demi Moore in *Ghost*, seemed hard and masculine. I didn't feel elfin; I felt butch.

As I walked home, the sensation of cold air on the back of my neck made me feel exposed and vulnerable; a bit like going out in a dress you don't feel right in. The weirdest thing was running my fingers through my hair and feeling nothing there – it made me panicky.

The next three days were an emotional roller coaster. Although happily married, I like to think I can I still turn heads. But to my horror, men just stopped looking. Not that they used to tackle me to the ground for my number, but at least I felt acknowledged with long hair.

My confidence had been rocked. When my best friend Sophie tried to FaceTime me, I shockingly ignored her so she couldn't see what I'd done. When another friend innocently told me I'd always liked the tomboy look, I took it the wrong way – despite my wardrobe full of androgynous shirts and jackets.

It wasn't all bad. "Oooh, you look like one of those fresh-faced models advertising moisturiser," said my lovely friend Lucy. "I can't believe how cool you suddenly look," gasped Gina, another friend and fellow mum.

Even my mum – an ardent long-hair advocate – thought it was the most elegant I'd ever looked. "Audrey Hepburn," she said simply. "Gorgeous."

Plus, it was a lot easier to maintain. My long hair took an hour to wash, blow-dry and style. Now I was good to go in 15 minutes.

But, four days in, Charlie still hadn't seen me. When he did, he cried. To be fair, Charlie does cry a lot. This time his tears were due to seeing my nervous face, and genuinely thinking I looked gorgeous. "How cute do you look!" he said, ruffling my hair and pulling me in for a hug. That's the moment when I felt like myself again – or at least a version of myself.

Because here's the thing: once a woman changes her hair, she changes something integral to the way the world sees her and responds to her. To move forward, you have to embrace those changes. After Charlie's reaction, I began to see my hair differently. And, gradually, I've fallen in love with it. It does require some amount of care and attention. I find myself sleeping with one hand under my cheek to keep my hair flat. I also find myself reaching for cooler, girlier clothes. And I wear paler lipsticks and make more of my eyes.

Short hair can leave you feeling stripped-back and exposed. For me, a quiet confidence has emerged from that. Now, I smile a lot more instead of hiding behind a curtain of hair. I feel exciting, interesting, brave and, yes, pretty. In short, I'm chuffed to tiny bits. ◆

SHORT LIST

The A-list show us how to work a long-to-short chop

BEYONCÉ

JESSIE J

ANNE HATHAWAY

MILEY CYRUS

Or you can go the other way, like Carey

CAREY MULLIGAN

COSMO ONLINE

Is short or long the best hair look for you? Find out at Cosmopolitan.co.uk/longvsshort

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